



## Why we do what we do...

“Thanks for all your help and support at the National Junior Games. Jack had an amazing time and it really helped him to realise that there are so many options for people in wheelchairs when it comes to sport.”

Ella Gower, parent of participant in the National Junior Games

“When you are discharged from hospital you are on your own but the Inter Spinal Unit Games brings everyone together. The event is very well organised. Fencing is something that I never thought would be open to me as a paralysed person. This was the first time I tried fencing and I've enjoyed trying all the different sports that I never knew paralysed people could play.”

Glyn Hayes, participant at the Inter Spinal Unit Games

“Being disabled and a teenager at the same time was hard. I needed to be accepting of what I could do rather than what I couldn't do and I needed to be around people who are like me. WheelPower helped me to do that.”

Harriet Ringsell, event participant

“I attended the WheelPower wheelchair awareness course in Plymouth. I thought at the time that it was a brilliant course and it was a useful insight into using a chair. I had quite a serious accident two weeks ago which has left me temporarily in a wheelchair and I just wanted to feedback and thank you! Without doing the course I would not be as mobile as I have been. The doctors have been shocked with my progress.”

Jo Head, Gymnastics Coach

“The Inter Spinal Unit Games is the sort of event that gets people out of their comfort zones. My spinal cord injury is quite unique but I've met people who had the same level of injury. It is reassuring to meet others who are getting on, and seeing that life goes on and everyone seems to be pretty upbeat. I've had loads of fun, especially in the pool.”

Gerard Murphy, participant at the Inter Spinal Unit Games



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Transforming lives through sport

Registered Charity No. 265498



## WheelPower

British Wheelchair Sport

## Impact Report



# WheelPower's Year

**At WheelPower we are passionate about sport and physical activity and we are dedicated to providing opportunities for disabled people to lead active lives.**

Inactivity is more common for those with a disability or health condition than those without. For example, just 21% of disabled people lead an active life compared to 42% of non-disabled people. Furthermore, it increases sharply as the number of impairments an individual has increases – 50% of those with three or more impairments are inactive.

Our strategy 'Pushing Forward' has driven our work over the last year. We are working in six Spinal Injury Centres throughout the UK, supporting the rehabilitation of recently paralysed people. Last year we focussed on organising sports camps and events at Stoke Mandeville Stadium as well

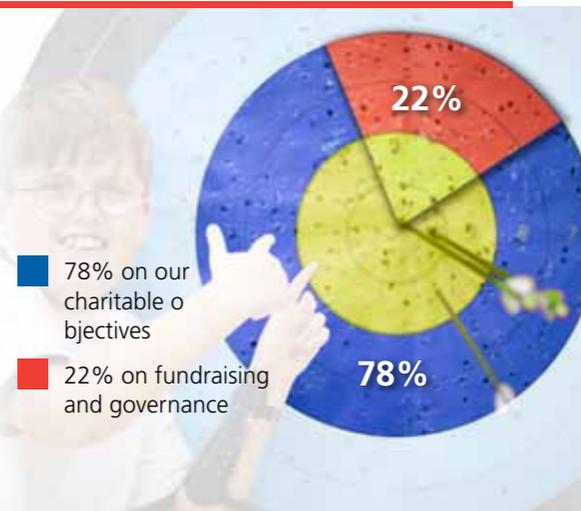
as delivering to the Motivate East programme, which provided disabled children and adults from some of the most deprived areas in East London the chance to be more active.

Last year we helped 62,099 disabled people access sport or physical activity through our events and programmes at Stoke Mandeville Stadium and through our outreach work around the country. WheelPower is very proud that uses its resources efficiently, focusing on delivery as many opportunities as possible for our users to engage in sport.

We are proud of our performance but continue to strive to grow our impact and make a difference to the many disabled people who would benefit from more active lives.

*Rob Wilson*  
**Rob Wilson**  
Chairman

## How we spent every pound in 2017/18



*Fundraising enables us to transform lives. We raise £5.22 for every £1 we invest in fundraising*



# A year in numbers...



**795,800**  
people saw our information on Twitter

**471,181**  
people played sport at Stoke Mandeville Stadium

**62,099**  
disabled people supported by WheelPower

**8 national conferences and exhibitions attended to advise disabled people how to get into sport and physical activity**

**45,902**  
disabled people played sport at Stoke Mandeville Stadium

**£52,204**  
raised by 1,779 cyclists at the Tour de Vale Bike Ride

**134** disabled children took part in the WheelPower National Junior Games

**2,126**

recently paralysed adults attended one of our sports sessions in their Spinal Injuries Centre

**116** children were introduced to a range of sports at WheelPower sports camps

**21%** increase in the number of individuals supported by our Physical Activity Advisors

**105** recently paralysed people took part in WheelPower's week long Inter Spinal Unit Games at Stoke Mandeville Stadium

133 participants attended one of our six Agility, Balance & Co-ordination of Sports Wheelchair Movement courses which help them to make PE lessons/sports sessions more inclusive

**16,197** experiences were delivered in East London as part of the Paralympic Legacy programme Motivate East

# Celebrating 70 years of sport at Stoke Mandeville

Seventy years ago, Sir Ludwig Guttmann changed the world for disabled people. He was a pioneer. He believed in the importance of sport for rehabilitation and his spark of inspiration grew and eventually became the Paralympic Movement. He organised the first wheelchair sports competition at Stoke Mandeville on 29 July 1948 which involved 16 injured servicemen and women.

The competition proved a huge success and by 1960, when the event became known as the Paralympic Games, 400 athletes from 23 countries took part. Since then the movement has grown and grown and WheelPower has achieved great things..

**1948** First ever wheelchair sport event took place at Stoke Mandeville

**1950** 60 competitors from 14 teams took part

**1952** The first overseas team from the Netherlands competed at the Games

**1960** Dr Guttmann took 400 disabled athletes to Rome, the Olympic City – the first Paralympic Games

**1969** Her Majesty the Queen opens Stoke Mandeville Stadium

**1984** Stoke Mandeville Stadium hosts the Paralympic Games with 1,200 athletes taking part

**2003** His Royal Highness The Prince of Wales re-opens Stoke Mandeville Stadium following a £10.2 million fundraising appeal

**2012** The Paralympic Flame is created at Stoke Mandeville Stadium ahead of the London 2012 Paralympic Games. From this point, the Heritage Flame will be lit at Stoke Mandeville Stadium ahead of all future Games.

During the last 70 years the charity has helped hundreds of thousands of people get active. Some of these people have gone on to represent their country but all will benefit from playing sport and leading an active life.

